



# Tips for Quick, Healthy Meals



A healthy diet consists of a balance of grains, fruits and vegetables, meats and dairy products. While meat, eggs and dairy provide protein, iron and other nutrients that are essential in promoting good health, too many of these choices can lead to increased amounts of fat and cholesterol.

Use the following general tips to lighten up your favorite recipes:

- Use fresh lemon juice in place of butter or cheese to perk up steamed vegetables
- Replace the high-fat mayonnaise in your salad recipes with a "light" version
- Taste foods first before automatically reaching for the salt shaker. Instead of salt, use herbs, spices, citrus juices, rice vinegar, salt-free seasoning mixes or herb blends.
- Substitute yogurt for sour cream in recipes
- Switch to low-fat or skim milk in recipes and cereal. Chances are that you will not notice the difference.
- Use egg substitutes instead of whole eggs in omelets and recipes
- Try substituting applesauce for fats in baked goods like muffins, cakes and cookies
- Choose whole grain instead of refined products as a quick way to up your fiber intake. Instead of white rice, use brown rice, quinoa or bulgur.
- Instead of sour cream, use Greek yogurt, silken tofu, pureed low-fat cottage cheese or use fat-free sour cream. Try substituting salsa, a light dressing or reduced-fat sour cream for butter when preparing a baked potato.
- Instead of ground beef, try ground chicken or turkey. If using ground beef, try extra-lean and rinse it to drain excess fat.
- Spice up meats with herbs and non-fat marinades. Citrus juices seasoned with herbs and a drizzle of oil make a great low-fat marinade for meat, poultry or seafood. You can also try basting meat with wine or lemon juice during cooking to add flavor.

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